

Hi, just a reminder that you're receiving this email because you have expressed an interest in the First 5 Health Access Training Project.



## SLO County Health Access Update

*Connecting Children Ages 0-5 & Their Families to Health Care*

### September 2025

Information and articles from these newsletters are housed on the San Luis Obispo County Health Access website. The website is updated frequently and is intended as a resource for professionals working with children ages 0-5 and their families.

Please visit: [SLOHealthAccess.org](https://SLOHealthAccess.org).

## Medi-Cal Coverage Update

### **Medi-Cal Changes Effective January 1, 2026**

Recent changes were made to Medi-Cal eligibility for undocumented adults. Effective January 1, 2026, there will be an **enrollment freeze** for "full-scope" Medi-Cal for undocumented adults ages 19+. Full-scope Medi-Cal is what we think of as regular Medi-Cal coverage.

Undocumented residents who are already enrolled in Medi-Cal will continue to receive full benefits unless they lose eligibility due to a procedural issue like failing to complete the annual renewal process. If someone loses eligibility, they will then only be eligible for restricted-scope Medi-Cal, which covers emergency services and pregnancy-related care.

Applications submitted before January 1, 2026, will still be reviewed for full-scope Medi-Cal eligibility, so if someone is considering applying, they should apply soon.

If you have any questions, please email Jennifer Nitzel, Medi-Cal Program Manager at the Department of Social Services: [jnitzel@co.slo.ca.us](mailto:jnitzel@co.slo.ca.us).

People can enroll in Medi-Cal by mail, phone, or in person. See [flyer](#) for local phone numbers and additional information in English and Spanish.



Clients who need assistance in Mixteco can contact MICOP Resource Navigator Celeste Gregorio at 805-296-3386 (Mixteco/Spanish). Celeste can help complete applications for Medi-Cal, CalFresh, and other public support programs. *See more about MICOP's offerings below!*

## Family Support Program Updates

### **MICOP**

"Learning with Mom and Dad" workshops in Mixteco for parents of 0 - 5 children are being offered in the North County through MICOP. These workshops connect parents with each other in a supportive environment. Topics include cognitive development, social skills, and positive discipline. Learn more in the MICOP brochure in [English](#) and [Spanish](#).



Interested parents only need to provide a name and phone number and speak Mixteco. The next group will be held in San Miguel. Please encourage parents to call and sign up! 805-296-3386 (English/Spanish/Mixteco)

## **CAPSLO**

The Teaching Together Home Visiting Program is enrolling families who are pregnant and parenting through age 5. The program offers parenting strategies, early learning experiences, parent-child bonding, and much more! Parents and caregivers can [apply now](#) to receive immediate support and begin home visits in October 2025.

Referrals and questions can be sent to Carrie at 805-459-7699 or [tthv@capslo.org](mailto:tthv@capslo.org). Download the flyer here in [English](#) and [Spanish](#).



CAPSLO Family Advocate services for families with children 0 - 5 are available in SLO and South County. Email [southcountysafe@capslo.org](mailto:southcountysafe@capslo.org) to get connected!

The [POPS program](#) is currently recruiting fathers for participation. POPS provides fatherhood support for nuclear family fathers, single dads, co-parents, or expectant fathers. Any father living in SLO County can be referred. Groups are virtual or in person. Providers can email [pops@capslo.org](mailto:pops@capslo.org) to refer a parent or family.

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## **The Link Family Resource Center**

Bilingual Family Advocate services for families with children aged 0 - 5 are available in North County through [The Link Family Resource Center](#). Services include resource navigation, assistance with basic needs, and support accessing childcare.

- Bessy Hoffman serves families in Atascadero, Santa Margarita, Templeton, and Creston. Parents can reach out directly and referrals can be made to Bessy's cell phone. Call/text 805-712-5038 (English/Spanish).
- Mayra Velazquez serves families in Paso Robles, San Miguel and Shandon. Parents can reach out directly and referrals can be made to Mayra's cell phone. Call/text 805-712-6487 (English/Spanish).

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## **Parent Connection of SLO County**

Due to budgetary changes, parent coaching and regularly scheduled classes, workshops, and support groups are not available at this time. A Parent Socialization Group series is being developed through a partnership with CAPSLO and more information will be shared in Fall 2025. Stay tuned!

The Parent Connection Resource Line at 805-543-3700 continues to serve as a referral line for providers, parents, and caregivers for connection to trusted parenting support and resources. For a full list of local parenting resources, visit: [sloparents.org/slo-frc-directory](https://sloparents.org/slo-frc-directory)

## **Health Services Updates**

### **Women, Infant & Children (WIC)**

The Cambria, Morro Bay, Nipomo and Paso Robles WIC sites have closed.

*WIC services and benefits will continue.* Families can count on nutrition support, breastfeeding help and all current benefits. WIC appointments, including lactation support are offered at the San Luis Obispo, Grover Beach and Atascadero clinic, along with remote/phone options for families who cannot travel.

- [See locations and hours](#)
- Call: 805-473-7130
- Text: 888-417-6180

New option for families! WIC will be at the [SLO Food Bank Pantry](#), 1180 Kendall Rd., San Luis Obispo, beginning September 17th, every third Wednesday from 3 - 5pm. Families can visit in person, learn whether they qualify for WIC, apply on the spot, get a new WIC card, set up and learn



### **Martha's Place Children's Center is still open!**

Children 0 - 5 with Medi-Cal/CenCal Health eligibility who live in SLO County can still be referred for assessment, therapy and case management for:

- behaviors that are interfering with their social and emotional development
- moderate or severe mental health symptoms such as:
  - Severe emotional outbursts
  - Separation anxiety
  - Impulsivity and hyperactivity
- prenatal exposure to alcohol or other substances.

Learn more and access Referral Forms [here](#).

### **Closure of Grover Beach Public Health Clinic**

SLO County residents can continue to access services at the [Public Health Clinic](#) at 2191 Johnson Avenue in San Luis Obispo. Call 805-781-5506 for appointments.

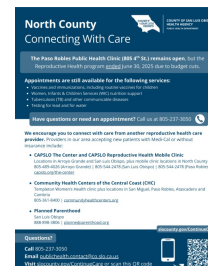
### **Closure of Reproductive Health Program in Paso Robles**

While the Paso Robles Public Health Clinic remains open, the Reproductive Health Clinic has closed.

Encourage clients in North County to continue reproductive care through the following options:

- [CAPSLO The Center](#) Mobile Clinic (Paso Robles) Canyon Creek Apartments on Wednesdays. 805-544-2478
- [Community Health Centers \(CHC\)](#) Templeton Women's Health clinic plus other clinic locations throughout the county. 805-361-8400.
- [Planned Parenthood](#) San Luis Obispo. 888-898-3806

Find all the contact information in this [English/Spanish flyer](#).



***Again, the Paso Robles Public Health Clinic remains open.*** Appointments are still available for the following services:

- Vaccines and immunizations
- Tuberculosis (TB) and other communicable diseases
- Testing for lead and for water

Clients can make appointments by calling 805-237-3050. Visit [this link](#) for location information.

## **Local health referral information at SLOHealthAccess.org**

[SLOHealthAccess.org](#) has a wealth of information to help you help families, with local resources related to:

- Practical Resources for Basic Needs
- Behavioral Health
- Immigration: safety and service access
- Dental
- Prescriptions
- Medi-Cal & Covered CA
- Transportation
- Special Needs
- Parental Substance Use, and
- Resources to help parents advocate for services



Send families in need of help to their local [Family Resource Center](#).

**Can't find an answer?**

Let us know and we will find you the information you are looking for. For general questions about health access and health care reform, contact:

**Becca Carsel**, Health Access Project Director,  
at (805) 674-0776 or [becca@carselgroup.com](mailto:becca@carselgroup.com)

[Click here to join our email list!](#)

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